



Roast Cherry Dark Chocolate Brownie Sundaes



Vegetarian



Popular

READY IN



35 min.

SERVINGS



9

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 cups cherries pitted halved
- ☐ 6 ounces chocolate dark coarsely chopped
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup port
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 1 teaspoon vanilla extract

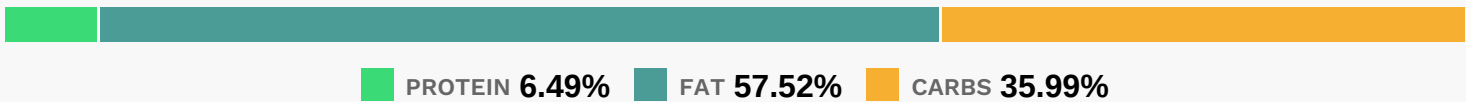
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ double boiler
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Toss the cherries in the port, place them on a baking sheet in a single layer, roast in a preheated 450F oven for 30 minutes and set aside to cool.Melt the dark chocolate and butter in a double boiler.
- ☐ Mix the flour, baking powder and salt.
- ☐ Mix the eggs, sugar and vanilla extract, mix in the melted chocolate and fold in the flour followed by the cherries.
- ☐ Pour the mixture into a greased 8x8 inch baking pan and bake in a preheated 350F oven until a toothpick pushed in the center comes out clean, about 15–20 minutes.Meanwhile, bring the cherries, port and sugar to a boil in a saucepan over medium heat, reduce the heat and simmer until thick and syrupy, about 30–40 minutes.

Nutrition Facts



Properties

Glycemic Index:31.34, Glycemic Load:12.14, Inflammation Score:-5, Nutrition Score:8.2791305106619%

Flavonoids

Cyanidin: 9.26mg, Cyanidin: 9.26mg, Cyanidin: 9.26mg, Cyanidin: 9.26mg Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 6.32mg, Malvidin: 6.32mg, Malvidin: 6.32mg, Malvidin: 6.32mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.72mg, Peonidin: 0.72mg, Peonidin: 0.72mg, Peonidin: 0.72mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 317.97kcal (15.9%), Fat: 20.05g (30.85%), Saturated Fat: 11.66g (72.85%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 25.24g (9.18%), Sugar: 14.68g (16.31%), Cholesterol: 89.68mg (29.89%), Sodium: 182.49mg (7.93%), Alcohol: 1.17g (100%), Alcohol %: 1.45% (100%), Caffeine: 15.12mg (5.04%), Protein: 5.09g (10.19%), Manganese: 0.48mg (23.77%), Copper: 0.38mg (19.25%), Iron: 3.18mg (17.68%), Selenium: 10.13µg (14.47%), Magnesium: 51.73mg (12.93%), Fiber: 2.99g (11.94%), Phosphorus: 117.42mg (11.74%), Vitamin B2: 0.16mg (9.38%), Vitamin A: 432.15IU (8.64%), Folate: 28.5µg (7.13%), Potassium: 247.36mg (7.07%), Vitamin B1: 0.1mg (7%), Zinc: 0.95mg (6.35%), Vitamin B5: 0.46mg (4.57%), Calcium: 45.48mg (4.55%), Vitamin B3: 0.9mg (4.48%), Vitamin E: 0.61mg (4.05%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.52µg (3.48%), Vitamin K: 2.99µg (2.85%), Vitamin B6: 0.06mg (2.78%), Vitamin C: 2.15mg (2.6%)